Self Control – How am I doing???

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| 1. I control how I react to situations and events.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control my positive or negative self-talk.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control who I associate with.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control my goal setting, determination and enthusiasm.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control what I choose to read.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control how I react to others.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control what I do.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control what I learn and which new things I will try.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control what I think about.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control what life lessons my failures teach me.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control the positive or negative relationships I’m in.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control how I view new opportunities and change.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control what I eat.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control how I handle anxiety and frustration.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| 1. I control my perspective of the future.  Yes\_\_\_\_\_ No \_\_\_\_\_ | 1. I control how I use my time.  Yes\_\_\_\_\_ No \_\_\_\_\_ |
| What are some things over which you believe you have NO control? | |
| Are there parts of your life that you would like to have more control over? If so, describe. | |